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## Nation was glued to TV for hockey

**RATINGS** Some 80 per cent of Canadians watched part of the Olympic hockey final with an average audience of 16.6 million viewers, according to CTV.

The game aired live on nine television networks in eight languages, the host broadcaster said.

Some 26.5 million Canadians took in part of Canada's 3-2 overtime win over the U.S. The closing ceremonies averaged 14.3 million viewers, with 24.5 million watching some part of the broadcast.

South of the border, NBC said the hockey final was the most-watched hockey game in the U.S. in 30 years. The NBC broadcast drew an average viewership of 27.6 million, the biggest hockey number since the U.S. versus Finland 1980 gold medal game in Lake Placid (32.8 million). **THE CANADIAN PRESS**

## News on the Move

**What's this barcode for?**  
Learn how to scan the barcode with the instructions at the top of pg 2



## Health&Beauty

**A Metro special focus - spring into a new you, pages 12-13**

**On the web**  
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Chris Cook, who plays Roderick in King Arthur's Kitchen, dashes about like a knight at Edmonton's Westbury Theatre. Performances run until March 7. **More coverage, page 2.**

Theatre **What'cha got cooking?**

## Local Chilean lends helping hand

**EARTHQUAKE** Victor Fernandez, a St. Albert firefighter, said it was just blind luck that he and his 10-year-old daughter Balbina were not in Chile during Sunday's 8.8 earthquake.

Fernandez runs a foundation — Canadian Aid for

Fire Services Abroad — that helps firefighters in Third World countries.

The Chilean native takes fire trucks and other equipment that is outdated by Canadian standards and ships them over to Third World countries where they

are still useable.

Fernandez was supposed to be taking a couple of fire trucks over to Chillan, Chile at the end of February, but paperwork delayed the trip pushing it back until May.

**ANDREAS MORSE/  
FOR METRO EDMONTON**

# Major fowl-up

## Lawyers argue oil giant failed to protect ducks

**Prosecutors say Syncrude Canada was the only oilsands company that failed to deploy noise cannons when 1,600 ducks died on one of its tailings ponds in northern Alberta two years ago.**

Provincial and federal prosecutors also contend Syncrude workers responsible for deploying the noise-makers were not working that day in April 2008.

"Other companies in the area had deployed their bird deterrent devices," Alberta Crown prosecutor Susan McKory said yesterday at the start of the oilsands giant's trial on provincial and federal environmental charges.

"Syncrude failed in its duty to protect the birds."

Federal lawyer Kent Brown said evidence in the trial will show that even placing tailings ponds underneath migratory bird corridors is against the law. Syncrude lawyer Robert White unsuccessfully put forward a motion asking that someone else hear the case.

He took issue with the fact that provincial court Judge Ken Tjosvold used to work with McKory as a prosecutor before he became a judge.

White said he doesn't believe the judge is biased, but added it is important the public does not have that

## Tarnished rep

Images and stories of the dying waterfowl made news around the world and prompted Prime Minister Stephen Harper to suggest the dead ducks had tarred Alberta's and Canada's international image.

perception.

White also asked the judge to consider trying Syncrude on either the Alberta or federal charge — not both.

"There is a legal parallel behind the two charges," he suggested.

The trial is expected to last up to eight weeks.

The charges were laid after a flock of ducks landed on the 12.2-square-kilometre toxic pond on April 28, 2008.

Tailings ponds from oilsands operations contain billions of litres of tainted water used to separate thick, black bitumen that still needs refining from sand.

If found guilty, Syncrude could face hundreds of thousands of dollars in fines.

**THE CANADIAN PRESS**

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### News in brief

**NOMINATIONS** The lack of nominations for Edmonton's Good Neighbour award has forced the city to extend the deadline to March 15. To date, 57 nominations have been received. Last year, Edmontonians sent in 250 nominations. The Good Neighbour awards are an initiative of the city's Office of Community Safety and they allow Edmontonians to formally recognize other citizens that make their neighbourhoods better and safer.

**CAMPING** The sun is shining and the snow is melting, that can only mean one thing; camping season is coming soon. Starting March 8, Albertans and visitors can book more than 5,800 campsites at 50 provincial campgrounds on-line or through a new toll-free phone reservation service by calling 1-877-537-2757.

**MUSIC** Country stars Brooks & Dunn are bringing their Last Rodeo Tour to Rexall Place May 5. Tickets go on sale March 5 at 10 a.m. **METRO EDMONTON**

Following news stories on Twitter...

### EdmontonTweets

**@raspberrie** Who out there in #yeg does the Cross Country Ski thing? Its been a very long time – but I'm ready to get back in to it! Where do I start? Thx **@yegfoodbank** Only 30 days left for #expresshunger contest. #yegfoodbank really needs your entries, especially photos, to make it a success. Pls RT. #yeg **@yvomp** Obviously it was a good post-Olympic party when there are lost pants just off Whyte Ave. Pants pants pants. #yeg #postolympics

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## A cook in King Arthur's court

MONIQUE MASSIAH  
for Metro Edmonton

**Dive into the imagination of King Arthur's cook, maid and scullion (cook's helper) during Vancouver's Axis Theatre run of King Arthur's Kitchen at the Westbury Theatre.**

A banquet of heroism, battles, knights and magic surrounding Camelot's favourite king's birthday.

In King Arthur's Kitchen, written by Leslie Miller, Arthur's adventures are told through the eyes of a faithful kitchen maid, hard-working cook and newbie scullion.

Roderick, the scullion played by Chris Cook, wants to be a knight.

"I really love Roderick a lot," Cook said. "He's a bit of a dreamer and is kind of the rascal of the bunch."

The play, set in the castle's basement kitchen, uses kitchen utensils to represent



Chris Cook and Jeff Kaiser perform magic during King Arthur's Kitchen at Edmonton's Westbury Theatre yesterday.

ment mighty objects in Arthur's legend.

"Lancelot is probably my favourite," said Jeff Kaiser about playing five different characters including the cook.

"I've had the most of my creative input in him, I really like playing into him."

Usually playing for smaller venues, the troop has toured since September with more than 220 pre-

sentations in schools and community centres. Their final performances will run until March 7, and then King Arthur's Kitchen is expected to make its world tour in 2011.

## Break the Calgary habit, airport employees say

ANDREAS MORSE  
for Metro Edmonton

**AIR TRAVEL** About 750,000 Edmontonians make their way south on the QEII every year just to catch a flight out of Calgary.

In order to break "The Calgary Habit," Edmonton International Airport (EIA) launched an intervention campaign yesterday to stop travellers from the Edmonton region from flying via Calgary.

"Four or five years ago, it might have been necessary

**"Seven-hundred and fifty thousand Edmontonians will drive that 3½ hour, tough highway to take planes out of Calgary that are readily available out of Edmonton."**

Andrew Hopkyns, AMA Travel

to fly out of Calgary," said Peter McCart, VP, marketing and business development for EIA. "But today we've got 50 non-stop destinations from Edmonton International, so you don't need to anymore."

Representatives from the airport will be staging a se-

ries of grassroots promotions and events to remind Edmontonians about the importance of supporting the airport's growing non-stop destinations.

"We as Edmontonians want to fly non-stop from our airport, we don't want to drive to Calgary and we

don't want to connect through Calgary," McCart said. "We want to go from A to B without going through C."

Andrew Hopkyns, director of business development for AMA Travel, said the number of people driving to Calgary to catch a flight shocks him.

"Seven-hundred and fifty thousand Edmontonians will drive that 3½ hour, tough highway to take planes out of Calgary that are readily available out of Edmonton," he said. "I just don't understand it."

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Video A mass exodus of tourists, athletes and guests swamp Vancouver International Airport at metronews.ca/canada

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Toronto's Hospital for Sick Children is getting \$10 million from the federal government to develop the KidsArm robotic surgical system. KidsArm is an image-guided medical robot designed for pediatric patients. **THE CANADIAN PRESS**

# Canada



## Cop violated ex-NHLer's rights, court hears

A lawyer for Rob Ramage is telling Ontario's top court that a police officer wilfully and deliberately violated the former NHL player's Charter rights. Ramage was found guilty in 2007 on several charges including impaired driving causing death in a crash that killed his friend, fellow former NHLer Keith Magnuson. Ramage's lawyer, Brian Greenspan, argued before the Court of Appeal for Ontario yesterday that the police officer seized a urine sample from Ramage without his informed consent. **THE CANADIAN PRESS**

## Politicians' airfare bills flying in face of deficit

Federal politicians aren't letting a record deficit stop them from jetting around the globe in style.

MPs and senators from all parties are proposing to spend almost \$1.5 million in taxpayers' money in the next fiscal year to attend meetings in exotic locales. And with sky-high airfares of up to \$10,500 each, they don't appear to be planning to fly economy — or shopping for a low price.

Details of the planned excursions are contained in the draft budgets for the Inter-Parliamentary Union and the Commonwealth Parliamentary Association, obtained by The Canadian Press. They are just two of a dozen parliamentary associations to which federal politicians belong.

### Hey, big spender...

The ticket prices seem very high, even for business class. The Canadian Press was able to find business or executive class fares for \$3,600 to New Delhi, \$8,700 to Jakarta and \$3,000 to Vienna — more than \$1,000

less than the IPU's estimates. And while politicians often say business class is justified on long flights, \$2,500 to make the short hop to New York is several times the cost of an economy class ticket.

The IPU is asking for \$870,366 and the CPA for \$605,818 — most of it for international travel.

The IPU budget provides the most detail, including estimated airfares for each of its 16 international trips planned for the 2010-11 fiscal year. Examples include \$10,500 to Jakarta and New Delhi, \$5,000 to Vienna, \$7,000 to Geneva, and \$2,500 to New York.

In notes on the trip to

Kenya in September, the CPA observes: "When circumstances permit the purchase of tickets well in advance, substantial savings can be made in the cost of the airfares." It adds that the delegates will only be reimbursed an amount "corresponding to the lowest economy fare." There is, however, no similar advisory for any of the CPA's other trips.

**THE CANADIAN PRESS**

## Vancouver Meeting the locals



Czech Republic Olympic team staff members Jaroslav Lucan, left, and Tomas Lucan pose for photographs with a beaver and moose mascot at the Vancouver International Airport in Richmond, B.C., yesterday. The airport expected to have its busiest day ever with about 58,000 people passing through as athletes and visitors head home after the Vancouver Winter Olympics.

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## It's not easy saying 'no': Harper on next budget

**FINANCE** Stephen Harper got lots of practice saying "no" during preparations for Thursday's federal budget.

With the government looking to trim a record \$56 billion deficit, the prime minister said yesterday that he and Finance Minister Jim Flaherty have spent more time together working on this budget than any other.

"We're now in the business of saying what are all the things we have to say 'no' to instead of all the things we have to say 'yes' to," Harper said. "That's proven to be a much tougher exercise but one that does have to be done."

However, Liberal Leader Michael Ignatieff urged the government not to simply take an axe to spending.

He wants Harper to say "yes" to measures that will create jobs and ease the

### Stimulus, Part 2

The budget is not expected to include any big new spending or tax measures. But it won't exactly turn off the taps immediately, dispensing \$19 billion for Phase 2 of the stimulus plan that was announced in last year's budget.

plight of the unemployed. And he wants the government to continue funding elite athletes through the Own the Podium program, which is credited with a record gold medal haul at the Vancouver Winter Olympic Games.

Ignatieff has proposed a series of tax incentives to help manufacturers buy new equipment, encourage employers to hire young people and promote investment in start-up companies. **THE CANADIAN PRESS**

### News in brief

**MASTECTOMIES** Two other hospitals will be scrutinized by Ontario investigators as they try to uncover why unnecessary mastectomies were performed at a Windsor, Ont., hospital, but there are no plans to widen the probe, Ontario Health Minister Deb

Matthews said yesterday. Three doctors will start the probe this week at Hotel-Dieu Grace Hospital — where two unnecessary mastectomies were performed — as well as Windsor Regional Hospital and Leamington District Memorial Hospital. **THE CANADIAN PRESS**

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They're the face of climate change, but research says polar bears may be more adaptable than we think. Scan this code for the story.

## Web leads RCMP to second school shooting tip-off

**PORT ALBERNI** For the second time in a month the Mounties on Vancouver Island have alerted police in the U.S. about a shooting plot uncovered over the Internet.

RCMP in Port Alberni say the latest incident came to light last Friday during a Facebook conversation between a 14-year-old local girl and a 17-year-old boy in Brewster, Wash.

The boy apparently threatened to shoot people at his high school, saying he had a date set and already had the weapons. The RCMP called Brewster police, who tracked down the boy and arrested him.

Mounties in Port Alberni say that on Feb. 4, a local man who was playing an online video game alerted them to a threat of a school shooting in San Antonio, Texas, after hearing other participants in the game talking about the plot. **THE CANADIAN PRESS**



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## Comment

## Expect an Olympic bounce for PM

## NationalReport

Lawrence  
Martin

metronews.ca/nationalreport

The spectacular Canadian performance at the Winter Olympics could not have come at a better time for Stephen Harper.

It's the biggest feel-good story since the 1972 Canada-Russia hockey series. The Games turned public attention fully away from the political shenanigans of the governing party in suspending Parliament.

Harper was at the Games, trying as best he could — as any politician would — to share in the spotlight.

The euphoria should pay off in a handsome bounce for him in the polls.

There will be an irony of

sorts if Harper gets a big boost from the Olympics. The big rap against him is that there is no sportsmanship in the games he plays, no demonstration of Olympic ideals. He runs from the field when the opposition gets tough. He head-butts opponents. He repeatedly throws away the rulebook. If politics were an event in the Games, the Olympic movement would have had Harper expelled long ago.

On that note, it is to be hoped that the prime minister, as well as opposition leaders, learned something from the way in which our athletes comported themselves. They showed how you can win with hard work and an honest and honourable effort.

Parliament finally returns this week. Our MPs have been on vacation for much of the last year and a half. In 2008, from June until into the new year, Parliament

sat only two weeks. Last year, it had its traditional three-month summer break and, more recently, starting in December, it had another three-month break. If our Olympians took this much time off they would never win anything.

Among the reasons offered for the shutdown of Parliament was the need for time, the Conservatives said, to "recalibrate." But don't look for anything too exciting from the recalibra-

tion exercise. The budget will likely be a stabilizing effort that holds off on more stimulus spending in order to keep the deficit in check.

The Tories will contend that they have the country on the right track. They will want, though they play a different sport in a different way, to bask in the Olympic glow.

Lawrence Martin is a journalist and author of 10 books who writes about national affairs from Ottawa.

## Views

## Tiger Woods witch hunt is a hypocrisy

## InStep

Christine  
Williams

So, Tiger Woods is a big time cheater. He may even be a sex addict. Although disappointing, I'm still befuddled by the intensity of public outcry that screams hypocrisy.

Sadly enough, affairs are common. Virtually all of us know at least one person

who has been cheated on. The only difference is Woods had an astounding 13 alleged mistresses. His squeaky clean, family man look had us all deluded. We were fooled and now we're mad as hell.

I'm curious though, about what number of affairs makes infidelity publicly acceptable.

Among celebrities, infidelity is fashionable and no one really knows who holds the highest infidelity score.

Sadly enough, affairs are highly glamorized. Many have fallen into temptation and now we're throwing

Woods under a bus.

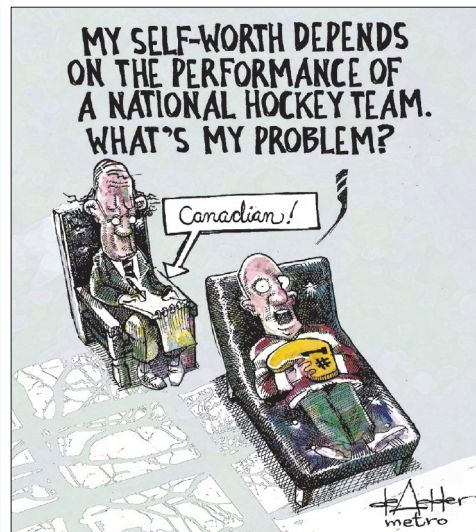
Part of our strong reaction to Tiger Woods could be a reflection of our better conscience, a projection of our own disappointment toward the ultimate relationship betrayal. So we beat up on Woods — a distant, safer target. This way we get to vent away the steam from our own encumbrances. If this is the case, it can be quite cathartic.

Also, we habitually hunt for role models in the performance world when we need to be discovering them in our own backyards, i.e., at home, schools, and

religious institutions.

So while Woods is being carried away in the witch hunt because he disappointed people's fantasies about who they wanted him to be, his indiscretions are between him and his family. His public apology only deepened his embarrassment and most people are not convinced anyway. He isn't a deity, an esteemed cleric — he's a great golfer. Heck, he's not even Bill Clinton.

Christine Williams is the producer and host of the live current affairs daily talk show On the Line at CTS TV in Burlington, Ont.



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U.S. federal prosecutors say four California men made more than \$25 million US reselling tickets to events they acquired by hacking into Ticketmaster and other sites. **THE ASSOCIATED PRESS**

# World



## Everybody gets naked

About 5,200 naked people embraced each other on the steps of Sydney's iconic Opera House yesterday for a photo shoot by Spencer Tunick. Tunick, who is known for his nude group photos in public spaces, posed participants for more than an hour in a variety of positions.

THE ASSOCIATED PRESS

## Rescuers work to free coal miners

**CHINA** Rescuers worked to save 31 coal miners trapped underground by a flood early yesterday in northern China, state media reported. An initial investigation showed 46 of the 77 miners working in the flooded pit were rescued and 31 remain trapped, reports said.

THE ASSOCIATED PRESS

## Dozens dead after European storm

**FRANCE** Thousands of firefighters and other rescue workers searched house by house yesterday along France's devastated Atlantic coast, trying to help those still stranded by a storm that smashed sea walls and killed at least 62 people across western Europe.

The storm, called Xyn-

thia, blew into France early Sunday with hurricane-force winds, flooding ports, destroying homes and leaving one million households without electricity.

It also battered Belgium, Portugal, Spain and parts of Germany and snarled train and air travel throughout the continent.

French President Nicolas Sarkozy toured the worst-hit areas yesterday, the coastal regions of Vendee and Charente-Maritime, and pledged \$4 million US in emergency aid. Regional officials clamoured for France to quickly reinforce its aging sea walls.

THE ASSOCIATED PRESS

## India Colourful Holi-day



Thousands of people dance as coloured water pours on them during Holi festivities in Gauhati, India, yesterday. Holi, the Hindu festival of colours that also heralds the coming of spring, is being celebrated across the country.

ANUPAM NATH/THE ASSOCIATED PRESS

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# 'Emergency without parallel'

**Rescuers in Chile found signs of life in the wreckage of a 15-storey building yesterday as the world offered aid to victims of an earthquake that killed more than 700 people. Looters roamed the streets even after troops and police arrested dozens of people for violating a curfew.**

The toll of dead rose to 723, with 19 others missing, the National Emergency Office announced, in a magnitude-8.8 quake that President Michelle Bachelet called "an emergency without parallel in Chile's history."

Some coastal towns were almost obliterated — first shaken by the quake, then slammed by a tsunami that carried whole houses inland and crushed others. Shocked survivors were left without power, water or food.

In Concepcion, the biggest city near the epicentre, rescuers heard the knock of trapped victims inside a toppled 70-unit apartment building and began to

## Mining OK

- Canadian mining companies with operations in Chile aren't reporting any damage from Friday's earthquake, but some say damaged infrastructure could make it difficult to get supplies. Some of Canada's biggest mining companies have operations in the South American country.

drill through thick walls to reach them, said fire department commander Juan Carlos Subercaseux.

Firefighters had already pulled 25 survivors and nine bodies from the structure.

Electricity was still out, however, water was scarce and looters re-emerged at dusk despite beefed up security.

Dozens of people sacked stores selling food, clothing and drugs, fleeing when police appeared to drive them away. Some struck gas stations, stealing cash from attendants.

THE ASSOCIATED PRESS



## Last daughter of revolutionary dies

The last surviving child of Mexican revolutionary hero Emiliano Zapata has died at 94. Ana María Zapata Portillo died yesterday. **THE ASSOCIATED PRESS**

world 7

# Whale wouldn't let go of trainer: Witnesses

**A killer whale that dragged a trainer to her death eluded SeaWorld workers who furiously unfurled nets while it swam pool-to-pool during the attack last week, according to witness statements released yesterday.**

After minutes of frenzied work to save Dawn Brancheau, the whale was finally corralled but still refused to unclench its teeth, according to the investigative reports released by the Orange County Sheriff's Office. Investigators have said before that she died

from multiple traumatic injuries and drowning.

"The whale would not let us have her," another trainer, Jodie Ann Tintle, told investigators after the Wednesday attack.

In the investigative reports, Brancheau's co-workers describe the swiftness of the attack and the furious response that came after alarms sounded around the pool. SeaWorld employees who were at other pools, behind computers or emptying coolers of fish rushed to the scene. The attack occurred in

front of about 20 visitors who had stuck around after a noontime show.

Jan Topoleski, who monitored trainers' safety during shows, told investigators he saw Brancheau, 40, lying on the deck face-to-face with the 22-foot-long, 12,000-pound whale, Tilikum, communicating with him, right before the attack. He said Tilikum bit Brancheau's hair and, within two seconds, had pulled her into the pool. He sounded an alarm and grabbed safety equipment.

**THE ASSOCIATED PRESS**

## Jerusalem Purim



An ultra-Orthodox Jewish man dressed up as U.S. President Barack Obama walks with his family during the Purim holiday in Jerusalem yesterday. The Jewish holiday of Purim celebrates salvation from genocide in ancient Persia.

## GM recalls 1.3 million cars

**AUTO** General Motors says it is recalling 1.3 million compact cars in Canada, the U.S. and Mexico to fix power steering motors that can fail. Models covered by the recall include 2005 to 2010 Chevrolet Cobalts, the 2007 to 2010 Pontiac G5s, 2005 and 2006 Pontiac Pursuits sold in Canada and 2005 and 2006 Pontiac G4s sold in Mexico. GM says the vehicles are safe to drive and never lose steering, but they may be harder to steer when travelling under 24 kph. The automaker is getting parts to replace the electric power steering motor and will notify customers when to bring their cars to dealers.

**THE ASSOCIATED PRESS**

m.metronews.ca



SCANLIFE  
Litany of complaints in embattled Marjah prove 'hearts and minds' will be elusive. Scan this code for the story.

# Judge finds man accused of kidnapping Smart fit to face trial

**UTAH** Brian David Mitchell, the man charged with snatching then-teenager Elizabeth Smart nearly eight years ago, could finally face a jury after a federal judge ruled yesterday that Mitchell was faking mental illness and is competent to stand trial.

Smart was 14 when she was kidnapped from her Salt Lake City bedroom in 2002. She was found nine months later walking a suburban Salt Lake City street with Mitchell and his now estranged wife, Wanda

**"He is competent; he's crazy like a fox."**

Ed Smart, father of Elizabeth Smart

Barzee. "The evidence proves that Mitchell has the capacity to assist his counsel in his defence and the ability to behave appropriately in the courtroom," U.S. District Judge Dale Kimball wrote in his 149-page ruling issued in response to a 10-day hearing last year on Mitchell's competency.

Lawyers for Mitchell said his hallmark disruptive singing in court was evidence he's mentally incompetent. Kimball, however, called the outbreaks a "contrivance" used by the suspect to give the impression he can't control his behaviour.

Elizabeth Smart's father, Ed Smart, said he was thrilled Mitchell was found competent.

"Because he is competent; he's crazy like a fox," Ed Smart said.

**THE ASSOCIATED PRESS**



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Billionaire Warren Buffett said yesterday the economy is improving, but very slowly, and consumers are still not spending much, so job growth will remain slow. **THE ASSOCIATED PRESS**

# Business

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EDITOR: FERMIN.DESOUZA@METRONEWS.CA

## Fast food Nostalgia still sells



Colin MacDonald is the general manager of the Chickenburger restaurant in Halifax. Even when the 1950s-style landmark isn't packed, nostalgic patrons often are happy to dine in their cars.

## Confidence in economy up

Ontarians still worried: Survey

**Canadians are becoming more confident about the state of the economy as the labour market improves, the latest consumer confidence survey from the Royal Bank of Canada shows.**

The exceptions are Ontario and Atlantic Canada, where job anxieties have increased since January.

In the February RBC Canadian Consumer Outlook released yesterday, 30 per cent of Ontarians report that a member of their household is worried about losing their job or being laid off.

That's a four-month high and the highest level

in the country; job anxiety is 25 per cent nationally. While worries about jobs also went up by six percentage points to 24 per cent on the East Coast, it fell in all other regions of the country.

"It's not entirely surprising given how difficult the recession has been in Ontario," said Robert Hogue, senior economist with the Royal Bank of Canada.

Canadians are divided on the overall state of the economy, but a slim majority — 53 per cent — now describe the economy as good.

TORSTAR NEWS SERVICE

## Your Money

### Tips to find success in self-employment

Alison OnMoney

Alison Griffiths

metronews.ca/alisononmoney

**N**o more pencils, no more books, no more bosses' dirty looks. You are self-employed. Out of the rat race.

OK, so the reality is you've been down-sized. But if you go about it the right way, self-employment can be a satisfying and profitable experience.

Here are four steps to success.

**1 Have a financial plan:** Determine your absolute minimum personal and business expenses. This is the monthly nut you must come up with in order to keep the lights on. Add in known business expenses such as a bigger cellphone bill, paper, postage, etc.

**2 Know where your cash**

**flow is coming from:** Even if you have steady work lined up, it may be 30 to 90 days before invoices are paid. Can you draw on savings or a low interest line of credit should you be caught short? If you are still employed get a credit line approved before you are pink-slipped. It is difficult for the self-employed to get credit, especially when you are starting out.

**3 Be disciplined:** Have a routine that includes everything from answering emails to chasing new business. Do a self-check at the end of the day for tasks accomplished and move the rest into the next day or week.

**4 Network like crazy:** Join like-minded groups, attend seminars, stay in touch with former colleagues and volunteer in your community. Be patient as it can take time for contacts to germinate.

Alison Griffiths is a financial journalist, author and host of Moxed Out on the W Network. Write to her at alison@alisongriffiths.ca.

## Growth rate jumps to 5%

**GDP** Canada's economy expanded more than expected in the final months of 2009, as the country experienced the largest quarterly increase in gross domestic product in nearly a decade.

Statistics Canada says the annual growth rate in the fourth quarter rose to five per cent — a full percentage point higher than economists had generally expected.

THE CANADIAN PRESS

## Toyota says sorry again — to China

**AUTO** Toyota President Akio Toyoda apologized yesterday to customers in China for the company's quality problems and emphasized the importance of the fast-growing market to his company.

Toyoda said he flew straight to Beijing from the United States to show his sincerity to China's customers. **THE ASSOCIATED PRESS**

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In time for budget week, a policy group is urging Ottawa to ramp up deficit spending to boost the economy. Scan this code for the story.



it's that simple



## Rohit creates award winning homes!

**Edmonton** Rohit is recognized with 24 Finalists in the Awards of Excellence by the Canadian Home Builders Association Edmonton Region.

**Kelowna** Rohit also picked up 2 Gold and 9 Silver Tommie Awards from the Canadian Home Builders Association Okanagan Region.

**National** Rohit Communities is also a finalist at the upcoming Canadian Home Builders Association National Awards of Excellence.

Visit our website for info and to view our award winning communities!

www.rohitcommunities.com



## 6 ways to protect yourself from fraud

HEATHER BUCHAN  
for Metro Canada



### Fraud Prevention

March is Fraud Prevention Month, a campaign by the Competition Bureau of Canada — with seminars on everything from fraudulent telemarketing to internet scams, to false charities and counterfeit money.

Here are some top tips:  
**1** When an offer sounds too good to be true, warning bells should go off in your head, because the offer probably isn't true.

**2** Whether it's a job or investment opportunity you're being pitched, if the offer involves sending money and time-pressure, get independent advice before agreeing to anything.

**3** Log directly on web sites, rather than clicking on links in emails, as those links could send you to bogus websites.

**4** Never give details about your bank accounts or credit cards to anyone over the phone, by fax or by email unless you know and trust them.

**5** If you're told you've won a prize or the lottery, but never entered the contest or lottery, don't agree to anything before checking with an independent source.

**6** If you are ever unsure of a situation, you should contact the Competition Bureau, the RCMP, the Canadian Anti-Fraud Centre, the Better Business Bureau or the Charities Directorate of the Canada Revenue Agency.

For a list of seminars, go to <https://competitionbureau.gc.ca>.





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So insert your chip, and pay easy.



Everyday Simply™



The Chicago Bears have waived former all-pro tackle Orlando Pace after one season in which he was limited to 11 games because of injuries. Chicago signed Pace last season as a free agent to help patch up a faulty offensive line, but the fading star didn't provide much help. **THE ASSOCIATED PRESS**

# Sports

EDITOR: DON.MCHOULL@METRONEWS.CA



## Penguins land Leopold

The Pittsburgh Penguins have acquired defenceman Jordan Leopold, left, in a deal with the Florida Panthers. Florida traded Leopold to Pittsburgh for a second-round pick in the 2010 NHL Entry Draft. Leopold has seven goals and 11 assists in 61 games for Florida this season.

THE ASSOCIATED PRESS

## Shaq likely done for rest of season

**INJURY** Cleveland Cavaliers centre Shaquille O'Neal had surgery on his injured right thumb yesterday and seems likely to miss the rest of the regular season.

If he gets back for the playoffs, though, O'Neal is promising to make up for his time out.

O'Neal will miss about eight weeks, the team said. He was examined Sunday by specialist Dr. Thomas O'Neal Graham at the National Hand Center in Baltimore, who performed the surgery yesterday morning.

"He feels like he let us down, but we understand injuries happen in the game," said teammate Jamario Moon, who got a text from the star centre along with the other Cavs. "I think he's really down about being out ... He let us know it's time to continue playing basketball and he's going to be all right."



Shaquille O'Neal

The recovery timeline means O'Neal, who turns 38 Saturday, may not be ready for the start of the playoffs April 17. The Cavaliers acquired him last summer with an eye toward the post-season, after Dwight Howard and Orlando eliminated them in the Eastern Conference finals.

Cleveland enters its game yesterday against the Knicks leading Orlando by six games for the best record in the East. Should the Cavaliers and Magic retain the top two seeds, they wouldn't meet until the Eastern Conference finals, which begin in mid-May.

"Will be out for a min but when I return it is on," O'Neal posted on his Twitter account yesterday morning. "Win da ring for da king! Luv my team, Cavs baby!"

THE ASSOCIATED PRESS

## Deadline deals expected

**They're at the bottom of the NHL standings despite having one of the league's higher payrolls. So it shouldn't come as a surprise that Edmonton Oilers GM Steve Tambellini will be trying to wheel and deal before the league's trade deadline tomorrow.**

That inevitability isn't lost on such veterans as captain Ethan Moreau, the club's longest-serving player (having arrived in '99), who has been mentioned repeatedly in trade speculation leading up to the 1 p.m. deadline.

Likewise for defenceman Steve Staios and forward Fernando Pisani, neither of whom would be surprised to see their lengthy tenures in Edmonton end with a change of address.

"I realize the situation we're in," Moreau said yesterday. "There's a strong possibility that I'll be moved, but that's just my assumption from conversations with people I trust and



Darryl Sydor of the St. Louis Blues protects himself from Ethan Moreau of the Edmonton Oilers on Dec. 21, 2009.

people I know.

"Nobody in the organization has talked to me about what their plans are. I talk to my agent and I hear the same things other people do, but there is nothing

concrete."

The Oilers (19-36-6) sit 15th in the Western Conference and 30th overall with a record of 19-36-6, despite a payroll just under \$60 million US. So the expectation

is that Tambellini will be aggressive in trying to reshape his roster.

Yesterday, Tambellini traded defenceman Denis Grebeshkov to the Nashville Predators for a second-round draft pick at this year's draft.

Grebeshkov, 26, played in 47 games this season and had six goals and 13 assists. Moreau, Staios and Pisani all understand they too might be a part of that makeover. And that prospect would be a difficult one for Moreau (637 games with Edmonton since being obtained from Chicago at the 1999 deadline) and Staios (an Oiler since 2001), who both have deep roots with the team.

The Oilers are destined to miss the playoffs for the fourth straight season since reaching the 2006 Stanley Cup final against Carolina. Moreau, Staios, Pisani, Ales Hemsky and Shawn Horcoff are the only players remaining from that team.

THE CANADIAN PRESS

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[flightcentre.ca/careers](http://flightcentre.ca/careers)

## Sports in brief

**DOMES** A study says it would be technically and economically feasible to build a domed stadium in downtown Regina, but that doesn't mean it's a done deal. The feasibility study says the facility would cost about \$386 million, although a fully retractable roof would add at least another \$45 million to the price tag.

**NHL** The St. Louis Blues have

acquired goaltender Joe Fallon from the Chicago Blackhawks in exchange for goalie Hannu Toivonen and defenceman Danny Richmond. Fallon has played in 29 games this season in the American Hockey League.

**SOCCER** A Paris Saint-Germain fan injured in a fight between rival factions of hooligans from the club was in a life-

threatening condition yesterday, police said. The 38-year-old fan sustained a serious head injury ahead of Sunday's French league match between fierce rivals PSG and Marseille. Marseille went on to win the game 3-0.

**BASEBALL** The Missouri Senate wants to take away Mark McGwire's highway. A stretch of Interstate 70 in St. Louis

was designated the Mark McGwire Highway in 1999, one year after the Cardinals slugger hit a then-record 70 home runs. But McGwire has now admitted he used steroids, and the state Senate voted unanimously yesterday to rename the section of interstate the Mark Twain Highway.

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## Red Wings beat Avs

Nicklas Lidstrom scored a power-play goal in the third and lifted the Detroit Red Wings past the Colorado Avalanche 3-2 last night. **THE ASSOCIATED PRESS**

## sports 11

# Oilers won't comment on Khabibulin's future

**Nikolai Khabibulin has been handed an additional charge for a driving under the influence incident in Arizona.**

The Edmonton Oilers goaltender is now charged with extreme DUI, with is automatic if a person's blood alcohol level is higher than .15.

The elevated charge by law enforcement officials in Arizona was reported by CTV Edmonton yesterday. J.J. Hebert, a spokesman for the Oilers, said the hockey club won't be commenting on the case, which is now before the courts.

He also refused to answer any questions about whether this latest development will affect the

goalie's hockey career with Edmonton.

Khabibulin, 37, was arrested after a black Ferrari was seen speeding down a street in Scottsdale Feb. 8.

Police allege the vehicle was travelling at an estimated 96 km/h, when the speed limit along that stretch of road is 72 km/h.

Khabibulin has also been charged with excessive speed.

He joined the Oilers in the off-season after stints with the Chicago Black-

hawks, Phoenix Coyotes and the Winnipeg Jets, as well as a run with the Tampa Bay Lightning that included a Stanley Cup win in 2004.

The Oilers had high hopes for the Russian and signed him to a \$15-million US, four-year deal, but he has missed most of the season with back problems and had season-ending surgery.

**THE CANADIAN PRESS**



Nikolai Khabibulin

m.metronews.ca



Alex Ovechkin more sanguine than his president, says Canada "deserved" to win Olympic gold. Scan this code for the story.

## SCOREBOARD

### NBA

#### YESTERDAY'S RESULTS

Houston 116 Toronto 92  
Atlanta 116 Chicago 92  
Cleveland 124 New York 93  
Dallas 89 Charlotte 84  
Orlando 126 Philadelphia 105  
Portland 103 Memphis 93  
San Antonio 106 New Orleans 92

Phoenix 101 Denver 85  
Utah at L.A. Clippers

### NHL

#### YESTERDAY'S RESULTS

Detroit 3 Colorado 2  
**TODAY'S GAMES**  
Montreal at Boston, 5 p.m.  
Carolina at Toronto, 5 p.m.

Chicago at N.Y. Islanders, 5 p.m.  
Florida at Atlanta, 5 p.m.

Vancouver at Columbus, 5 p.m.  
N.Y. Rangers at Ottawa, 5:30 p.m.  
Buffalo at Pittsburgh, 5:30 p.m.  
Philadelphia at Tampa Bay, 5:30 p.m.  
Edmonton at Nashville, 6 p.m.  
Los Angeles at Dallas, 6:30 p.m.  
St. Louis at Phoenix, 7 p.m.  
New Jersey at San Jose, 8:30 p.m.

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El Salvador.....9.9 ¢	Iraq.....4.9 ¢
Jamaica.....8.9 ¢	Israel.....2.9 ¢
Jordan.....3.9 ¢	Italy.....2.9 ¢
Kenya.....6.9 ¢	Russia.....2.9 ¢
Kuwait.....6.9 ¢	Saudi Arabia...3.9 ¢
Lebanon.....9.9 ¢	South Korea..2.9 ¢
Libya.....24.9 ¢	Sri Lanka.....11.9 ¢
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# Health & Beauty

EDITOR: EMMA.YARDLEY@METRONEWS.CA

## Boot it up and get outside

CELIA MILNE  
for Metro Canada

**Need to get rid of winter belly fat? Eating well is key, but so is exercise.**

The best prescription, according to two fitness experts, is to get outside and walk, run, or play. After you've done some cardio, focus on your tummy. Crunches (sit-ups) are out, says Shawna Kaminski, a certified boot camp instructor in Calgary. The plank is in.

The plank, which is done in a position similar to a push-up, except the elbows and lower arms are on the floor, targets the abdominal area and is much safer and easier to learn than crunches. "Hold the position for as long as you can. As you get stronger, hold it for longer periods," says Kaminski. "You'll have a stronger, flatter tummy." The bonus: Having a strong core will reduce back aches and improve posture.

Another amazing exercise, which can be done anywhere, anytime, is the good, old-fashioned push-up.

"There is nothing new or glamorous about doing push-ups, but they work!" says Kaminski, who has been a physical education teacher for 20 years, as well



Beige may be the new black, but the plank is the new sit-up.

**"You don't need a lot of fancy equipment ... Curbs can be used as steps. Benches can be used for push-ups. Light poles can be used with tubing."**

as a national competitor in swimming and freestyle skiing, a bodybuilder, and a certified adventure boot camp instructor (calgaryNWBootCamp.com).

Push-ups work muscles of the upper body such as your chest, shoulders and triceps — as well as your

core muscles. If done regularly, they'll also do wonders for those "Hello Ednas," the pesky flab flaps behind your arms.

If you can't do full push-ups, do them with your knees on the ground.

Outdoor boot camps — which provide the incomparable value of exercising with a group, getting fresh air and having fun all at the same time — are exploding across the country.

"My clients tell me they prefer to exercise outdoors because they find gyms stuffy and sweaty and they worry about germs. Plus, you can't beat the amazing scenery," says Sandra Banks, a certified personal trainer in Vancouver (van-

couveroutdoorfitness.ca).

You don't need a lot of fancy equipment to exercise outdoors, says Kaminski. Curbs can be used as steps. Benches can be used for push-ups. Light poles can be used with tubing.

"You are only limited by your imagination. How long has it been since you tried the monkey bars? You'll have new respect for children once you try this challenging upper body exercise," she says. Aim for losing weight slowly: One or two pounds a week.

"If you have a lot of weight to lose, plan on attending boot camp or some other exercise regime long term," advises Kaminski.



Gyrotonic apparatus helps to build muscle and enhance coordination.

## Tonic for a healthy mind and body

CELIA MILNE  
for Metro Canada

**There's a new workout in town.**

Gyrotonic, which is inspired by swimming, tai chi, yoga and dance, involves graceful movements done on wood-framed equipment.

Like yoga, it takes a while to learn properly, but once you get it, it is an amazing workout that will leave you sweaty and out of breath but calm.

The goal of Gyrotonic, which is very new in Canada, is to build strength and coordination, says Crispin Redhead, a trainer and former dancer who runs Gyrotonic Toronto.

The exercises are designed to increase the space between the verte-

brae by moving several parts of the body simultaneously. The movements are fluid and somewhat unconventional — twists, bends, spirals and stretches.

They were developed by former dancer Julius Horvath in the 1960s. Redhead learned the techniques in New York City and brought the machines and the discipline to Toronto.

Redhead has clients from age 14 to age 84. They include athletes looking for a balanced workout, professional dancers who want to improve their performance, as well as regular folk toning muscles or rehabilitating an injury.

Sessions are one-on-one and customized to suit individual strengths and problem areas. For more information, visit [crispin.ca](http://crispin.ca)

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**SPECIAL FOCUS ON:**

# Spring into a new you

## Sweating it out together

### The J Spot

**Josey Vogels**

metronews.ca/thejspot

Getting on the same fitness page as your partner can be tricky. You've vowed to love each other in sickness and in health.

But when your idea of health is getting to the gym five days a week and eating a diet of fresh veggies and lean protein while your partner's idea of living healthy is not to "biggie" their fries, it can cause friction in the relationship.

With Olympic Fever still in the air and Spring Fever right around the corner, it's the perfect opportunity to try and get your fitness goals in sync.

Of course, "Honey, get your fat butt off the couch and come to the gym with me," is not likely to motivate your partner. In fact, the word "fat" should never be uttered according to Tina Tessina in an article on thatshit.com. Tessina, a psychotherapist and author of *How to Be Free and Still Be a Couple* says the best way to raise the weight issue is to approach it from a health perspective. Instead of telling your partner they've gained weight

(duh, honey, really?), gently bring up the topic by saying, "I want you to be around for a long time and I'm worried about your health."

Yeah, I know, they'll know you're just finding a nice way to say they've packed on a few, but it may make them more open to doing something about it if you're at least nice and supportive about it.

Nagging your partner or criticizing them will only send them straight for the

**"Research shows that up to 94 per cent of couples stick with their fitness programs when they work out together."**

nearest bag of potato chips. Instead, influence by example. Prepare healthy snacks for yourself and keep healthy snack op-

tions in the house. Rather than radically changing your diet and eliminating all your partner's favourite foods, make subtle changes. Switch out the hamburger for ground turkey in the chili, for example. Go grocery shopping together so you're both involved in meal planning and food choices. Also, while not exactly a candlelit dinner, it's still an opportunity to spend some time together.

Research shows that up to 94 per cent of couples stick with their fitness programs when they work out together. Just make sure the activity is something you both like. If you're a gym bunny but your partner would rather eat glass than get on a treadmill, find activities you'd both enjoy, like bike riding, hiking or, I don't know, nude mud wrestling.

Hey, don't laugh. Regular exercise may make you want to get naked with each other on a more regular basis. Studies show that people that exercise regularly feel better about themselves, perceive they are more sexually desirable and experience greater levels of sexual satisfaction.

So, if you've run out of ways to motivate your partner to get healthy

Josey Vogels is a sex and relationship columnist and author of five books on the subjects. For more info, visit joseyvogels.com.



## A scent sweetens the lives of women

**JON TATTRE**  
for Metro Canada

**When Canadians think of Afghanistan, images come to mind of soldiers, dusty mountains and burkas. When Barb Stegemann thinks of Afghanistan, she smells flowers and a new perfume she's about to unleash on Canada.**

"It's really precious. My perfumer says it's one of the greatest scents ever," the Halifax businesswoman and author says of *Afghanistan Orange Blossom Eau de Parfum*.

"It's very fresh. It's got lighter notes of freesia and other citrus notes, but mainly (it's)

the orange blossom oil with a hint of jasmine. The perfume is incredible: it makes me happy," she laughs. "The minute you smell it, you associated it



Barb Stegemann

with light, fresh, happy; we're changing the perception of a community. There are some beautiful things in Afghanistan."

Born in rural Nova Scotia, Stegemann moved to B.C. and ran a consulting firm before returning to

Halifax. Two years ago she published *The Seven Virtues of a Philosopher Queen: A*



The orange-blossom oil she uses is sold by Afghani women.

Woman's Guide to Living and Leading in an Illogical World and became a full-time author and motivational speaker.

Now she's set her sights on the beauty world with *Afghanistan Orange Blossom*. Stegemann buys orange-blossom oil directly from women in Jalalabad, Afghanistan. That allows them to earn a decent living without being beholden to the Taliban and it allows Stegemann to produce what one fashion magazine called an "absolutely glorious" scent.

Stegemann has a professional perfumer turn the oil into perfume and has long-term ideas about branching out into candles and bath oils.

Like her book, the perfume's packaging comes infused with quotes from poets and leaders. During the steep learning curve of bottling her own perfume, Stegemann was delighted to discover that "Gandhi" means "seller of perfume." Mohandas Gandhi is one of her personal heroes.

For Stegemann, the total package is about 3-D beauty. "It's the new retail therapy: You come, you want to look more beautiful, you leave more beautiful on the inside," she explains.

*Afghanistan Orange Blossom* is being launched on International Women's Day (March 8) and will be available at *The7virtues.com* and select retail outlets across Canada.

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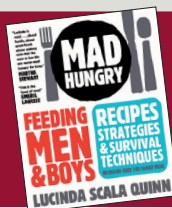
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Food Network Iron Chef Michael Symon's "Fat Doug" hamburger was recently named top burger at the South Beach Wine and Food Festival. It was a beef patty topped with pastrami, Swiss cheese and coleslaw on a brioche bun. **THE ASSOCIATED PRESS**

# Food



## The way to a man's heart...

Lucinda Scala Quinn is a devoted cook who believes that the way to her four males' hearts and stomachs is to provide them with homemade meals. So the vice-president and editorial director of food and entertaining for Martha Stewart Omnimedia is sharing her strategies and recipes in her fourth cookbook, *Mad Hungry: Feeding Men & Boys* (Artisan, \$39.95). She also provides survival techniques for bringing back the family meal. **THE CANADIAN PRESS**

EDITOR: ANN-MARIE.COLACINO@METRONEWS.CA



Bow-Tie Pasta with Rapini and Chickpeas.

## A dish to satisfy mixed company

**Serving dinner to mixed company — vegetarians and meat eaters, that is — can be a tricky affair. Hearty pasta dishes are your easiest path to culinary harmony.**

Bow-tie pasta with rapini and chickpeas is a fine option for several reasons.

First, the rapini (also called broccoli raab, a pungent relative to broccoli) gives the dish an assertive, complex flavour that will please varied palates. The chickpeas also provide a meaty texture, as well as satisfying protein.

And if your heart's set on putting some meat in the dish, sweet or hot Italian sausage makes a tasty addition. Or a little cooked bacon crumbled over the top is nice, too.

Consider serving this pasta with some crusty bread and a salad dressed with a tart vinaigrette to balance the bold flavours of the dish.

### Bow-Tie Pasta with Rapini and Chickpeas

MAKES 4 SERVINGS

#### INGREDIENTS:

- 1 kg (2 lb) rapini (broccoli raab)
- 250 g (8 oz) bow-tie pasta (farfalle)
- 30 ml (2 tbsp) extra-virgin olive oil
- 3 cloves garlic, minced
- 1 ml (1/4 tsp) red pepper flakes
- 1 can (398 ml/14 oz) chickpeas, drained and rinsed
- 15 ml (1 Tbsp) lemon juice
- Salt and ground black pepper, to taste
- 50 ml (1/4 cup) grated Parmesan cheese, or to taste

#### METHOD:

1. Bring a large pot of salted water to a boil.



Peanut Toffee Pie.

2. Trim and discard stem ends, yellowed leaves and any stems thicker than 0.75 cm (1/3 inch) from rapini. Chop coarsely.

3. Add rapini to boiling water (in batches if necessary) and cook until tender, about 2 minutes. Using a large slotted spoon, transfer rapini to a colander to drain, using spoon to press out any excess liquid. Leave pot of water over heat.

4. Add pasta to boiling water and cook according to package instructions.

5. Meanwhile, in a large skillet over medium-low, heat oil. Add garlic and cook, stirring constantly, for 90 seconds. Add red pepper flakes and cook, stirring constantly, for 30 seconds. Add chickpeas, lemon juice and drained rapini. Stir until well combined and heated through. Season with salt and pepper.

6. Drain pasta and transfer to a serving bowl. Add rapini mixture and Parmesan cheese, then toss to combine. Serve with extra grated Parmesan for topping, if desired.

**THE ASSOCIATED PRESS**

### Peanut Toffee Pie

MAKES 8 SERVINGS

#### INGREDIENTS:

- 23-cm (9-inch) frozen pie shell

- 150 ml (2/3 cup) corn syrup
- 125 ml (1/2 cup) brown sugar
- 2 eggs, lightly beaten
- 30 ml (2 Tbsp) butter, melted and cooled
- 1 ml (1/4 tsp) salt
- 10 ml (2 tsp) vanilla
- 250 ml (1 cup) peanuts
- Whipped cream (optional)

#### METHOD:

1. Place rack on lower shelf of oven. Preheat oven to 220 C (425 F). Place pie shell on a baking sheet and let stand for 10 minutes to thaw slightly.

2. Meanwhile, in a large measuring cup or bowl, whisk corn syrup with brown sugar, eggs, butter, salt and vanilla until any sugar lumps have dissolved and mixture is combined. Coarsely chop half the peanuts. Then sprinkle whole and chopped peanuts over pie shell base. Slowly pour filling over peanuts.

3. Bake on lower rack of preheated oven for 10 minutes. Reduce heat to 180 C (350 F) and continue to bake until deep brown and just set, 20 to 25 minutes. Let stand for at least 1 hour before slicing. Delicious warm or at room temperature served with a dollop of whipped cream, if desired.

**THE CANADIAN PRESS**

### Food in brief

**COOKING TIPS** Here are some tips to help get kids become familiar with the kitchen and cooking:

- Before starting, take children on a "safety tour" of the

kitchen to explain to them what they can't touch.

- Store some of the ingredients your kids are most likely to use on lower shelves in the fridge and cupboards.

• Teach little chefs to wash their hands before and after meal prep and during the process.

Source: Food Network Canada.  
**THE CANADIAN PRESS**



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# myStarbucks app

Starbucks recently launched the myStarbucks application, which allow users to build and share their favourite beverages, find store locations anywhere in the world and look up detailed nutritional information. **METRO NEWS SERVICES**



# Chicken potpie, minus a few calories

**Chicken potpie may be a classic comfort food, but it's hard to feel good about the amount of fat in most recipes.**

The chicken and vegetables in it are fine, but a puff pastry or pie crust topping and a rich cream sauce inside can more than offset those. This recipe can be rescued with a few easy fixes.

For the sauce, try an easy low-fat bechamel. Whisk together 90 ml (6 tbsp) of all-purpose flour with 750 ml (3 cups) of low-fat milk. Bring to a boil over medium heat until the mixture thickens and boils, 8 to 10 minutes. Remove from the heat and stir in a beaten large egg.

Flavour with a few tablespoons of Parmesan cheese or chicken broth.

As for the crust topping, there are a few options. You could go the shepherd's pie route and layer low-fat mashed potatoes over your fillings. Just sprinkle the potato topping with a bit of paprika for colour, then bake until golden-brown.

We also like the idea of using a french toast-style topping. Using an unsweetened version of the egg-

dipped breakfast favourite creates a crispy, golden upper crust.

## French Toast-Topped Chicken Potpie

**MAKES 6 SERVINGS**

### INGREDIENTS:

- 15 ml (1 tbsp) butter
- 15 ml (1 Tbsp) extra-virgin olive oil
- 45 ml (3 Tbsp) all-purpose flour
- 1 can (398 ml/14 oz) reduced-sodium chicken broth
- 375 ml (1 1/2 cups) cubed (1 cm/1/2 inch) butternut squash
- 500 ml (2 cups) cooked and shredded boneless, skinless chicken breast
- 250 ml (1 cup) frozen baby peas
- 75 ml (1/3 cup) reduced-fat sour cream
- 5 ml (1 tsp) lemon juice
- 2 ml (1/2 tsp) salt
- 2 ml (1/2 tsp) ground black pepper
- 2 ml (1/2 tsp) dried herbs de Provence (or thyme)
- 75 ml (1/3 cup) low-fat milk
- 2 large eggs
- 6 slices firm white bread, halved diagonal-

ly, crusts trimmed

### METHOD:

1. Heat oven to 230 C (450 F). Coat a 2-l (8-by-8-inch) square glass baking dish with cooking spray.

In a large saucepan over low, heat butter and olive oil until butter is melted. Add flour and whisk for 1 minute. Gradually whisk in broth.

2. Increase heat to medium and continue cooking, stirring constantly, until sauce simmers and thickens, 3 to 4 minutes.

3. Add squash and continue simmering, stirring often, until squash is nearly tender, about 4 minutes.

4. Re-



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saucepan from heat and stir in chicken, peas, sour cream, lemon juice, salt, pepper and herbs. Pour mixture into prepared baking dish.

5. In a shallow bowl or pie plate, whisk together milk and eggs. Dip 2 triangles of bread at a time in egg mixture until soaked. Arrange slices over top of filling in baking dish.

6. Bake until bread is golden-brown on top, 15 to 20 minutes. Serve hot.

7. Alternatively, the recipe can be prepared in individual ramekins. For ease, arrange ramekins on a rimmed baking sheet before filling.

THE ASSOCIATED PRESS



French Toast-Topped Chicken Potpie.

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## Liquid Assets

Peter Rockwell

[metronews.ca/liquidassets](http://metronews.ca/liquidassets)

## Cheers to Oscar

Last year's snub of The Dark Knight convinced the Oscar brain trust to acknowledge 10 flicks this year. I've only seen five, so here's my annual (yet abbreviated) booze matches for the nominees.

**AVATAR:** I love my science fiction and the big blue Na'vi inspire the choice of **Hypnotiq**

(\$40 - \$49.99) — a blend of vodka, cognac and tropical fruit juice — as the perfect colour-coordinated partner.

**UP IN THE AIR:** I fly a lot and when grabbing a drink on board I turn to a neutral spirit which, of course, is served in a 50 millilitre bottle. A little (literally) **Absolute Vodka** (\$2.99 - \$3.25)

helps me go a long way. **INGLOURIOUS BASTERDS:** All the Nazi scalping fun takes place in France so I'm sure the boys would have enjoyed a mug of French lager like the creamy **Kronenbourg 1664** (\$2.60 - \$2.99).

**DISTRICT 9:** The South African location for this brilliant piece of sci-fi makes methink wine and a glass of **Two Oceans Shiraz** (\$9.95 - \$12.49).

**THE HURT LOCKER:** This explosive pic has a lock on Oscar. Celebrate with a Jäger Bomb made by mixing a half a can of Red Bull and an ounce of **Jägermeister** (\$28.95 - \$33.99).

## The 81st Annual Academy Awards



Peter Rockwell is the everyman's wine writer, working in the liquor industry for more than 25 years and travelling the globe looking for something to fill his glass and put into words.

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Above: Beef and Scallion Stir-Fry. Below: Everyday Food: Fresh Flavor Fast (\$29.99).

## Martha offers new book, iphone app

**Martha Stewart is making everyday food faster and easier this month, spinning off her Everyday Food magazine into a second cookbook and an iPhone application that offers recipes, daily dinner ideas and automated shopping lists.**

The app, called Martha's Everyday Food, lets iPhone and iPod touch users access thousands of recipes from the magazine. Its introduction accompanies the release of Everyday Food: Fresh Flavor Fast, a compilation of 250 recipes from the magazine that aims to land tasty meals on the table in an hour or less.

The book includes recipes that promise relatively healthy, flavourful, fuss-free meals, such as beef and scallion stir-fry and pasta with sausage, Swiss chard and pine nuts. Think-ahead moves —

like roasting a second pork loin for future meals while preparing pork loin with figs and port sauce — really cater to the busy home cook.

Low-fat raisin bran muffins take the stress out of breakfast. They're like a bowl of cereal you can eat in the car.

And you don't even have to decide what's for dinner until you're standing in the grocery store. The Everyday Food app will let you search and download recipes, add the ingredients to your shopping list, then let everyone in the family know what's for dinner via email.

## Beef and Scallion Stir-Fry

**MAKES 4 SERVINGS**

### INGREDIENTS:

- 175 ml (3/4 cup) water
- 30 ml (2 tbsp) hoisin sauce

- 30 ml (2 Tbsp) rice wine vinegar (unseasoned)
- 15 ml (1 tbsp) cornstarch
- Coarse salt
- 2 ml (1/2 tsp) red pepper flakes, plus more for serving (optional)
- 15 ml (1 Tbsp) plus 5 ml (1 tsp) vegetable oil, such as safflower or canola
- 625 g (1 1/4 lb) flank steak, cut diagonally across the grain into 1-by-7.5-cm (1/2-by-3-inch) strips
- 4 garlic cloves, minced
- 2 bunches scallions, trimmed, sliced crosswise
- 4 cm (1 1/2 inches) thick, white and green parts separated
- Cooked rice, for serving (optional)

### METHOD:

In a small bowl, whisk together water, hoisin sauce, vinegar, cornstarch, 1 ml (1/4 tsp) salt and 2 ml (1/2 tsp) red pepper flakes.

In a large skillet over high, heat 15 ml (1 tbsp) of



the oil. Pat steak dry with paper towels. In 2 batches, cook steak until lightly browned, turning once, about 2 minutes per batch. Transfer meat to a plate.

Add remaining 5 ml (1 tsp) oil to skillet along with garlic and white parts of scallions. Cook, tossing often, until fragrant, about 1 minute.

Whisk hoisin mixture to combine, then add it to skillet along with scallion greens.

Return meat to skillet and cook, tossing to coat steak with sauce, for 1 minute. Remove from heat. Serve immediately over rice and sprinkled with more red pepper flakes, as desired.

THE ASSOCIATED PRESS



Roger Ebert, who lost the ability to speak after a series of cancer-related surgeries, is now able to "talk" again using a computer voice simulator he designed which will allow him to regain his "voice." He plans to debut "Roger Jr." on today's Oprah Winfrey Show. **EW.COM**

**Roger Jr. speaks to Oprah**

# Entertainment

EDITOR: DEAN.LISK@METRONEWS.CA

## Coco to wed

Canadian supermodel Coco Rocha announced on her website yesterday that she is engaged. Fiancé James Conran proposed to Rocha last week, she adds.

METRO NEWS SERVICES

# Last chance for Death Row

Canadian-run gangsta rap label mired in controversy

## TheAudioFiles

**Bryan Borzykowski**

metronews.ca/music

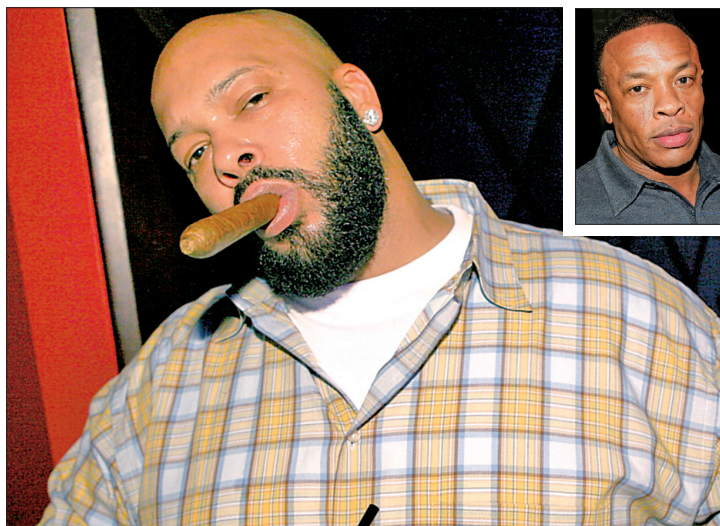
Row's new parent company, Toronto-based WIDEawake Entertainment, unveils its new 6,000-square-foot multi-media studio. There will likely be no old Death Row artists, corrupt cops, or former inmates at this shindig, only lawyers, media and business types.

The new Death Row, run by Lara Lavi, a self-proclaimed Jewish soccer mom, is about as far from gangsta as the label can get. It's still mired in controversy, but it's more of the white-collar variety (Lavi's suing WIDEawake for trying to dump her, Dre is suing Death Row for re-issuing The Chronic without his permission). Still, former Death Row engineer and now label president John Payne, said, in an interview with 411mania.com, he hopes to put out new hip-hop music and continue to release songs from its back catalogue.

But, I have to ask, what's the point? Names like Tu-

It won't come as a surprise for you to know that I've never been to a Death Row Records party, but I can imagine what it would have been like. The venerable rap label, started by endlessly incarcerated Suge Knight and hip-hop legend Dr. Dre, played a major role, if not the biggest part, in gangsta rap's popularity. It's no secret that guns, drugs and dubious characters played a big role in the label's success — and downfall — so a night out with the likes of Tupac, Snoop and Knight would have been wild to say the least.

It should be a different story tonight, when Death



Death Row Records was started by Suge Knight, above, and hip-hop legend Dr. Dre, inset. It is now run by WIDEawake Entertainment, which unveils its new multi-media studio in Toronto tonight.

pac Shakur and Snoop Dogg are still big money makers, and the label's publishing assets are in the millions, but without the violence, drugs and the controversial leader, the Death Row brand isn't nearly as strong as it once was.

"I don't know if there will ever be the same street appeal for that label again," says Jake Brown, author of The Rise and Fall of Death Row Records.

Brown adds that even the label's hope that rap fans will keep coming to the Tu-

pac well over and over again may be misguided. "Most of those masters have either been repackaged or remixed," he says. "And Tupac fans, who have been an extraordinarily loyal consumer base, already bought those records."

**"I don't know if there will ever be the same street appeal for that label again."** Jake Brown

The only way the label can rise from the ashes and regain its cred is by installing a name figurehead as president — like Priority Records did when it made Snoop Dogg its "creative chairman."

It also needs to sort out its legal issues, something it may be able to do better than Knight. But with a rising debt of about \$25 million, WIDEawake could sell the label before it really gets off the ground.

Whatever happens to this once powerful music machine, Brown says Knight let go of the label a long time ago. "He's over all of it," says the author. "The guy's seen so much in life that nothing shocks him."

Bryan Borzykowski is a business and entertainment writer. Follow Metro Music on Twitter @TheMetroMusic

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## Plex brings aboriginal voice to hip hop

**BRIAN TOWIE**  
Metro Canada

**Plex wants to live in a country that trades on multiculturalism to pay more attention to the plight of its Native communities.**

The Edmonton-born, Toronto-based MC and founding member of hip-hop collective Won 18 (and brand new dad) delivers that message on his solo debut Brainstorm. The collaborative, eclectic and always confident grassroots collection range from relaxed to raging, taking aim at the rough lives of Native peoples and a public that pretends not to see them.

Call hip hop the perfect medium to give the voiceless a way to say something, argues Plex (a.k.a. Doug Bedard, the son of an Ojibwa mother and Ukrainian-Romanian father).

"A lot of aboriginal people, especially in Canada,



Brainstorm is the solo debut album from Alberta artist Plex.

grew up in low-income areas," says Plex. "A lot of hip hop was based on that, especially in the poorer areas of New York. It's relatable for us. It's changed a lot over the years and become a lot more sugar-coated, but I think people are still looking for something that actually says something."

Well, somebody's got to, especially when discussing the impact of oil sands in northern Alberta on Native peoples, a subject near and dear to Plex's heart. As a

former insulator on a rig, he says he saw first-hand the environmental and social devastation they brought. Not so easy to find people who will listen, however, when the province depends on the money flowing out of them.

"I don't think it serves the media any good to push it that much, especially in a province where the oil industry controls so much," he says. "But the devastation is across the board.

People are getting sick. A place like Fort Chipewyan; people have been living there for generations and they're getting these weird cancers that only one in a million people get and you get several cases in one small region."

In the meantime, Plex will continue to foster grassroots rappers with his music label New Leaf Entertainment, and encourage aboriginal culture into mainstream circles with The Plex Show — an Aboriginal Voices Radio program profiling indigenous talent that airs across Canada on Friday nights. It's about breaking down the barriers between cultures.

"Growing up, there was that separation. We were always pushed to one side," he says. "It always made me feel awkward and ashamed about it. But we shouldn't feel like that. What has been happening is good, but we're only beginning to fine-tune that stuff."



**Glee on the road**

The stars of Fox's hit series *Glee* are hitting the road for live shows, the network announced yesterday. The cast of the Golden Globe-winning comedy will perform in the four-city tour titled *Glee Live! In Concert* beginning May 18 in Phoenix. **TVGUIDE.COM**

# Good Wife, good TV

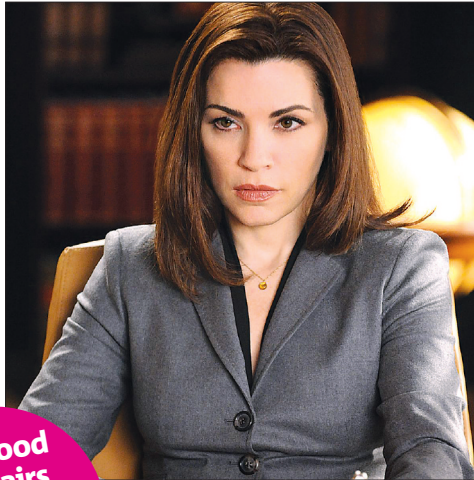
## Successful CBS series returns for second season

**Had The Good Wife not succeeded in its first season on CBS, creators Robert and Michelle King would have been happy to let the final scene of their 13th episode stand as the series finale.**

The episode ended with a knock on the door, as the wayward husband portrayed by Chris Noth returns home from jail and greets his wronged wife Alicia, played by series star Julianna Margulies.

Instead, the scene is the starting point for the rest of the series' life, beginning today at 10 p.m. Disgraced Chicago politician Peter Florrick is under house arrest, trapped among a family changed because of his infidelities and not really sure if it wants him back.

The *Good Wife* has been a strong performer for CBS, nestled into a popular Tuesday lineup with the



Julianna Margulies stars in *The Good Wife*.

**The Good Wife airs today on Global and CBS**

NCIS franchise, and the Kings know it will be on at least through next season and probably beyond. A scripted hybrid — part procedural and part an ongoing rumination on a

damaged public marriage — the series has been a star turn for Margulies.

"You would never have wanted to end it where it would be such a conclusion that everyone's satisfied, because that's not Alicia's life," said Robert King, one

half of the husband-and-wife team that produces the series. "Alicia's life is filled with questions."

Among the upcoming questions: Will Peter be able to handle house arrest without going crazy? How does Alicia deal with a law firm that becomes increasingly ethics-challenged to survive? And is the law school buddy who gave her a chance to work more than just a buddy?

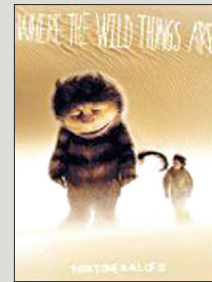
The Kings' inspiration for *The Good Wife* is obvious — the Spitzers, the McGreaves, the Clintons and all those other marriages turned upside down by a politician's bad private behaviour.

In all these scandals, the Kings were more interested in the characters at the edge of the screen — the wives — and thought they offered fertile ground.

"Those women were a heck of a lot more interesting than the men who were cheating on them," Michelle King said.

THE ASSOCIATED PRESS

### DVD picks



### Where The Wild Things Are

**Directors: Spike Jonze**

**THE KEY TO** appreciating Spike Jonze's imperfectly perfect screen adaptation of the classic bedtime story is in this director's statement: "I didn't set out to make a children's movie; I set out to make a movie about childhood."

What Jonze and screenwriter Dave Eggers have wrought in adapting Maurice Sendak's 1963 picture book perennial is something so primal, and so in touch with the rough "id" of youthful fantasy, it would be easy to dismiss as a simple kid's story.

That's true even though it's about a kid: boisterous nine-year-old Max, who is resisting maturity. He just wants to have a "wild rumpus" with his strange new woodland pals, who have crowned him king of their dusty jungle. Reality can wait, if only for a moment.

Where the Wild Things Are uses puppets instead of computers (although CGI rendering was needed for facial expressions), a sailboat instead of a rocket ship and dirt clods instead of guns or bombs. The giant forest creatures voiced by James Gandolfini, Catherine O'Hara, Lauren Ambrose, Chris Cooper, Forest Whitaker and Paul Dano are so handmade and primal, they come as a shock to the system.

Extra include four "Webisodes" of background material; the Blu-ray version has eight Webisodes, plus the short film *Higglety Pigglety Pop!*, featuring the voices of Meryl Streep and Forest Whitaker.

Peter Howell/for Metro Canada

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family	9	EDAC	267 351	Alberta Primetime (Live)		Lost "Lighthouse"		Swarmed (2005, Suspense) Michael Shanks, Carol Alt.				PrimeTime	
	14	YTV	552 543	Carly To Be Indie		iCarly Scorpion		Malcolm-Mid. Hates Chris		8 Simple Rules	What I Like	Family Biz	
	17	TREE	553 546	Franklin Babar		Little Bear Toopy & Binoo		Max & Ruby Dragon (DVS)		Backyardigans	Ni Hao, Kai-lan	G. Diego, Go!	
	42	TOON	555 545	Jimmy Two Johnny Test		Johnny Test Total Drama		Total Drama 6TEEN		Futurama	King of the Hill	American Dad	
	45	FAM	557 541	Han, Montana Wizards-Place		Sonny Chance Suite Life		Overruled! Han, Montana		Wizards-Place Latest Buzz		Ned's School	
	-	TVA	121 714	TVA nouvelles Le Cercle (SC)		La Fievre de la danse (SC)		Rock et Rol Caméra Café		La Promesse (HDTV) (N) (SC)		TVA nouvelles	
	18	CMT	575 583	According-Jim According-Jim		Home Improve. Home Improve.		Top Twenty Tearjerker Videos		Amer. Funniest Home Videos		Reba	
	25	A&E	615 520	Criminal Minds (HDTV)		CSI: Miami (HDTV)		CSI: Miami (HDTV)		(10:01) Criminal Minds		Criminal Minds	
	26	MMM	571 581	mm10.ca		HammerTime Gimme Sugar		Gene Simmons Wild 'n Out		HammerTime Gimme Sugar		Gene Simmons	
	29	FOOD	603 561	Hell's Kitchen		Good Eats Good Eats		Restaurant Makeover		Diner, Drive-In Unwrapped		Hell's Kitchen	
cable variety	31	SHOW	617 522	Trailer Park	Trailer Park	Relic Hunter		Termination Point (2007, Suspense) Jason Priestley.				Drop-Diva	
	32	DISC	520 505	Destroyed Destroyed		Swamp Loggers (N)		Daily Planet		Destroyed Destroyed		Swamp Log.	
	33	SLICE	601 562	Party Mamas Wedding SOS		Wedding SOS Wedding SOS		ET Canada What Happen?		Real Housewives-Atlanta		Housewives	
	34	W	602 567	House-Sell House-Sell		Supernanny		Shopping Bags Grocery Bag		Beauty Call Style by Jury		Look Good	
	35	TLG	521 560	19 Kids-Count 19 Kids-Count		Little Parents Little Parents		The Tiniest Girl in the World		19 Kids-Count 19 Kids-Count		Little Parents	
	36	BRAVO	620 523	The Susan Boyle Story		Paul Potts-Royal		Law & Order		Without a Trace		Will (2001)	
	38	SPIKE	628 584	UFC Unleashed		Blue Mountain Players (N)		UFC Unleashed		UFC Unleashed (HDTV)		Blue Mountain	
	39	AMC	- -	(6) To Kill a Mockingbird **** (1962, Drama)				To Kill a Mockingbird **** (1962, Drama) Gregory Peck, Mary Badham.					
	40	HIST	522 506	Pawn Stars	Pawn Stars		Ancients Behaving Badly		Crime Stories (HDTV)		Cities of the Underworld		Discoveries
	41	COM	626 547	Just for Laughs		Air Force 22 Minutes		Cornier Gas Name Is Earl		The Simpsons South Park		Fit-Conchords	
43	SPACE	627 528	Medium (HDTV)		Fringe "Grey Matters"		InnerSpace (N) Stargate SG-1				Star Trek: Next Gener.		
44	WPCH	294 650	Law & Order: Special Victims		Seinfeld Name Is Earl		Good Will Hunting *** (1997, Drama) Matt Damon, Robin Williams.						
46	OLN	411 457	Oper. Repo Oper. Repo		Ghost Hunters International		Destination Truth		Oper. Repo Oper. Repo		Ghost Hunters		
48	TROP	619 525	End of Leash Last 10		Parking Wars Parking Wars		Rescue Ink		Dog Whisperer		End of Leash		
50	STAR	621 527	The View (HDTV) (N)		The Dr. Oz Show (N)		TMZ etalk		Access H. Extra		Dr. Oz Show		
52	HGTV	600 564	Bang, Buck Genevieve		House Hunters House Hunters		Holmes on Homes		Million Dollar Listing		Bang, Buck		
65	TLN	700 800	David Rocco Magnifica Italia		George Lopez George Lopez		Lopez Tonight		Raymond Raymond		Paid Program		
92	APTN	269 350	Fish Out of Mixed Blessing		Cashing In Rabbit Fall		Arizona Dream * (1992, Comedy-Drama) Johnny Depp, Jerry Lewis.						
93	VISION	261 394	Quantum Leap		Unscripted (N) Crazy for Love		Poltergeist: The Legacy		Inherit the Wind *** (1960, Drama)				
100	MTV	581 566	16 and Pregnant		16 and Pregnant (N)		MTV Live Sex, News-Roll		Taking Stage Buried		16-Pregnant		
101	MM	570 580	My Date With... Muchmusic Countdown				MuchOnDemand		America's Best Dance Crew		Love Court		
102	CPAC	512 396	(6:30) Primetime Politics			Revue	The Public Record		Prime-Politics Primetime Politics				
103	VIVA	526 507	(6:30) The Closer		Cold Case		Psychic Inv. Encounters		Judging Amy		Psychic Inv.		
161	RDI	126 730	Le Téléjournal (SC)		RDI économie	Le National	Le Téléjournal (SC)		24 Hours en 60 minutes		Le Téléjournal		
161	SUPER	- -	Five Fingers (2006, Suspense)				The Gnot Nighth (2007, Comedy-Drama)		(10:15) Shrink ** (2009, Drama)				

### critics'corner

#### Kids in the Hall: Death Comes to Town

The plot thickens in the sixth installment of this comical murder mystery series. Questions arise about Crim's guilt when Shuckton is rocked by a second murder, and Ricky's investigation turns up not one but two shockers in the new episode "Cause of Death." 9 PM on CBXT



#### Parenthood

Freely adapted and updated from the 1989 movie comedy of the same title, this new dramedy views contemporary family life as reflected by the colorful Braverman clan. In the series premiere, Sarah, a single mom, returns to Berkeley, Calif., to be closer to her family, while brother Adam learns that his son has Asperger's syndrome. 8 PM on CKEM; 11 PM on KHQ

#### The Good Wife

Alicia and Diane need to get a wife to testify against her husband in a murder case, but that spousal privilege thing is getting in the way. Speaking of spouses, Peter is back home, attempting to readjust and working on a comeback with his political team in the new episode "Bang." 8 PM on CITY; 11 PM on KREM





Simon Cowell's, left, makeup artist girlfriend, Mezghan Hussainy, stepped out in public for the first time sporting the whopping engagement ring the American Idol judge gave her after proposing, according to top Popeater. **METRO WORLD NEWS**

## Celebrity Buzz

# Douglas admits he wasn't the best dad

**LIKE FATHER, LIKE SON.** With Cameron Douglas facing 10 years of jail time at his April 27 sentencing on a drug conviction, his father, Michael Douglas, is taking stock of his role in Cameron's upbringing — and sees parallels to his relationship with his own father, Kirk, [people.com](http://people.com) reports.

"My priorities were very similar (to my father's). Career first," Douglas tells Vanity Fair's April issue in describing Cameron's early years.

When Douglas and his first wife, Diandra

Luker, split in the 1990s, it left Cameron with a largely absent celebrity father — much the same situation that Michael endured when his parents divorced in the 1950s.

"The history of second-generation actors isn't great in our industry.

It's kind of a tragic road, actually," says Douglas, who went to rehab for alcohol problems in the early 1990s. It's a pattern that has

continued with the third generation, as Cameron himself was once an aspiring actor.

Cameron, 31, pleaded guilty in January to distributing a large quantity of crystal meth. Michael, 65, has repeatedly put a brave face on how he's been dealing with his son's drug and legal problems.

"Anybody who has a relative or child in substance abuse has some idea of what this feels like. This is one of those worst-case scenarios," says the actor who stars in the upcoming Wall Street: Money Never Sleeps.

**METRO NEWS SERVICES**



# Lambert says he has gone wild with drugs in the past

**ALL'S FAIR IN LOVE AND ROCK AND ROLL.** Adam Lambert is coming clean about the wild life he used to live, telling Britain's News of the World that he "went wild" experimenting with drugs.

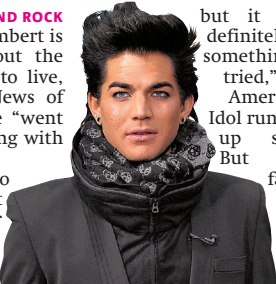
"It didn't get to the stage where it ruined my life or where it was anything too serious

but it was definitely something I tried," the American Idol runner-up says. But he's far

from repentant over his past indulgences.

"There are so many parents who are too conservative in America. There are certain drugs out there that are really fun and recreational and can mean a good time. I'm not an advocate for drugs, but it is all rock and roll and we are all adults."

**METRO WORLD NEWS**



# She doesn't feel worthy

**BUT I'M SURE WAYNE AND GARTH WOULD DISAGREE.** Anne Hathaway doesn't think she deserves her success, [femalefirst.co.uk](http://femalefirst.co.uk) reports.

The 27-year-old actress believes she has been fortunate to land so many big roles, but admits she has often found herself out of her depth

when working with big Hollywood names.

She said: "I owe so much of my career to luck.

My mother always told me that luck is preparation meets opportunity and I've

been given extraordinary opportunities to work with filmmakers long before I was talented enough and deserved to work with them. I've learned a lot from them. I just keep getting hired. I consider myself lucky and I don't know who is responsible for it."

**METRO NEWS SERVICES**



# Holmes 'audit' claims lead to baby speculation

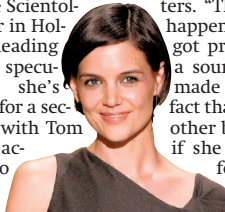
**WILL SURI GET A SCIENTOLOGY-APPROVED SIBLING?**

Katie Holmes is allegedly undergoing intense "auditing" at the Scientology Center in Hollywood, leading sources to speculate that she's preparing for a second child with Tom

Cruise, according to Page Six.

Holmes has been reportedly spending up to four hours at a time in the high-security church headquarters. "This is exactly what happened just before she got pregnant with Suri," a source says. "Tom has made no secret of the fact that he would like another baby. It is almost as if she is being prepared for it."

**METRO WORLD NEWS**



# Jude finally meets daughter

**AND HER FIRST WORDS WERE: CHILD SUPPORT**

Jude Law met with Samantha Burke, the mother of his five-month-old daughter, for the first time since baby Sophia was born, according to the Sun. The two sat down in Miami with Law's lawyer to decide on plans for how

the actor should support the mother and child.

"Jude was very on edge about the meeting," a source says. "The pregnancy wasn't planned but he wants to do the right thing. It's not like he can hide. As soon as Sophia can use the Internet she can find out who her dad is."

**METRO WORLD NEWS**



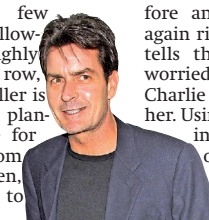
# Sheen off to splitsville: Report

**THE REAL SHOCK IS THAT IT LASTED SO LONG**

After a rough few months following their highly publicized row, Brooke Mueller is reportedly planning to file for divorce from Charlie Sheen, according to

Radar Online. "Brooke wants out. She's said it before and she's saying it again right now," a source tells the website. "She's worried though, because Charlie has a lot of dirt on her. Using drugs while raising children is obviously a horrible situation."

**METRO WORLD NEWS**



# Tiger does sex rehab at home

**WERE THE OTHER PATIENTS TOO DISTRACTING?**

Tiger Woods is reportedly back in rehab for sex addiction, only it's not at the Pine Grove facility in Mississippi, where he had been reported to be staying, according to Page

Six. Instead, the embattled golfer is receiving private treatment at a home in Cave Creek, Ariz.

And his wife, Elin Nordegren, has allegedly been there with him. "Elin was with him, but she's heading back to Florida," a source says.

**METRO WORLD NEWS**



Follow these celebrities on Twitter...

## CelebTweets

**KEVIN SMITH** is reeling from a call from Gov. Schwarzenegger, **JUSTIN BIEBER** can concentrate on more than one game at a time, **JESSICA SIMPSON** is offering free romantic advice, and **LILY ALLEN** is helping her pooch recuperate after a fight.

@ThatKevinSmith If you'd have told me that one day Arnold was gonna call me because I was fat, I would've been... well, scared. But he was really nice.

@justinbieber At the laker game with the hockey game on the tv screen. Today is a great sports day. Canada for the gold

@JessicaSimpson You can't love someone else to change them. Happiness comes from accepting who they are. It is our decision to REALLY know who we love.

@lilyroseallen Mabel got beaten up by bigger dogs. She went to doggy hospital, but she's ok.

**METRO NEWS SERVICES**



# Well they both have long hair

**GROHL'S BIOPIC PICK** The proposed Kurt Cobain biopic will undoubtedly proceed without his blessing, but Dave Grohl, former Nirvana band mate and Foo Fighters frontman, is taking a stand when it comes to who should portray him, [people.com](http://people.com) reports.

"I don't know about anyone else, but I'm crossing my fingers that Shelley Duvall plays me," the musician deadpans to People.

**METRO NEWS SERVICES**



# PCW, A RECYCLING TERM, STANDS FOR THIS.

## Watch JEOPARDY!

tonight at 7:30  
for the answer.

Following Wheel of Fortune at 7pm

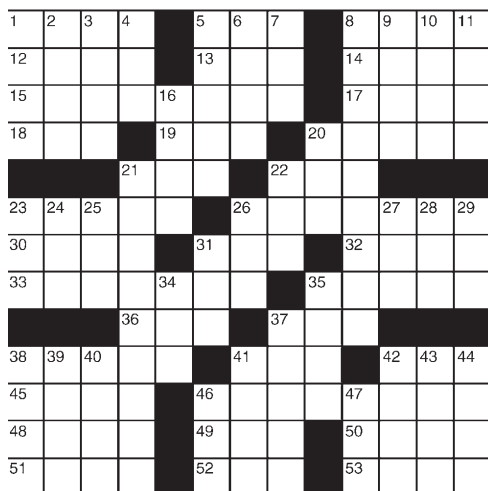
Yesterday's answer: What is Instant Replay?





**Michele McDougall, Weather Specialist & Host – Breakfast Television**

"My favourite part is reporting the weather. It fascinates me, and as we know around here, it's always changing, keeping forecasters on their toes!" **WEEKDAYS AT 6 A.M.**



**ACROSS**

- 1 Just adorable
- 5 Potential syrup
- 8 Heavy reading
- 12 Somewhere out there
- 13 Big bother
- 14 Suitable
- 15 Highly rated
- 17 Incite
- 18 "Guinness Book" suffix
- 19 URL ending, often
- 20 Uncouth
- 21 — Francisco
- 22 Marshy area
- 23 Playwright Chekhov
- 26 Need
- 30 Stead
- 31 No mere mist
- 32 Notion
- 33 Panic-stricken
- 35 Take for one's own
- 36 Wall Street average
- 37 Previous night
- 38 Jazz style
- 41 Grand —, N.S.
- 42 Twosome

- 45 Beige
- 46 Lasting 60 minutes
- 48 Carpet type
- 49 Dadaist pioneer
- 50 Arab commander
- 51 "Poppycock!"
- 52 Still
- 53 Townshend or Sampras

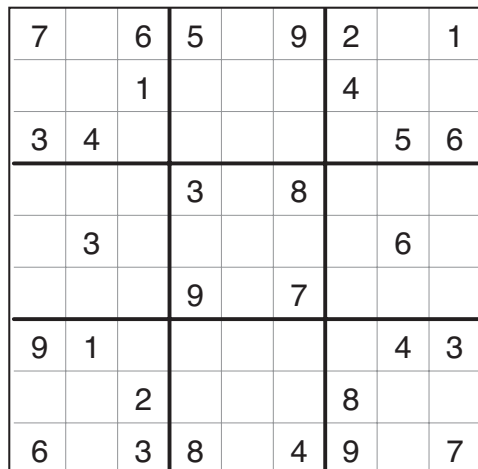
**DOWN**

- 1 Eatery
- 2 Roswell sightings
- 3 Lacking slack
- 4 Show fallibility
- 5 Humpty Dumpty — a wall
- 6 Leading man?
- 7 — favor, señor
- 8 Sightseers' aide
- 9 Gumbo ingredient
- 10 Periodicals, briefly
- 11 Spuds' buds
- 16 Read bar codes
- 20 — au vin
- 21 Old-time prospector
- 22 Plead
- 23 Carte lead-in
- 24 Zilch
- 25 Afternoon social
- 26 Scepter
- 27 Altar affirmative
- 28 Agt.
- 29 Corrode
- 31 A handful
- 34 Unruly hair
- 35 State with confidence
- 37 Burst forth
- 38 Number one
- 39 Reverberate
- 40 Support group?
- 41 Skin opening
- 42 Round top
- 43 Troop group
- 44 Shrek, for instance
- 46 Dinner for Dobbin
- 47 You can't stand to have it

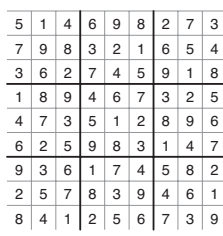
**Sudoku**

For more/less challenging Sudoku puzzles, visit [metronews.ca](http://metronews.ca)

**HOW TO PLAY:** Digits 1 through 9 will appear once in each zone — one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.



**PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:**



**On the web**

For more games and 60 additional daily cartoon strips, visit [metronews.ca](http://metronews.ca)



**Metro Recipe of the Day**



**Greek Salad with Tahini Dressing**

**INGREDIENTS:**

- 7 oz (200 g) feta cheese
- 1 small romaine lettuce, torn
- 1/2 cucumber, halved lengthwise and sliced
- 12 oz (375 g) large plum tomatoes, sliced
- 1 small red onion, halved and thinly sliced
- 20 pitted black olives
- 4 tbsp (60 mL) extra virgin olive oil
- 1 tbsp (15 mL) tahini
- 1 tbsp (15 mL) lemon juice
- 4 large sprigs of fresh flat-leaf parsley

**METHOD:**

1. Remove feta from package, drain liquid and put into small bowl of cold water. Leave to soak while preparing salad.
2. Divide lettuce among

four individual serving plates, then top with cucumber, tomato and red onion slices. Scatter with olives.

3. Whisk oil, tahini, lemon juice and some ground black pepper in bowl or shake in screw-top jar. Scissor-snip parsley into dressing.
4. Drain feta cheese and crumble into small pieces. Scatter two-thirds over salads. Drizzle dressing over salads, then scatter with remaining feta. Serve at room temperature.

**SERVES 4**

**rd.ca**

For nutritional information on this and other great recipes, go to [rd.ca](http://rd.ca) or check out Key Ingredients in this month's Reader's Digest, on newsstands now!



**Horoscopes by Sally Brompton [sallybrompton.com](http://sallybrompton.com)**

For Sally's expanded daily and weekend horoscopes, visit [metronews.ca](http://metronews.ca)

**ARIES**  
**MARCH 21-APRIL 20**  
Why are you always talking at cross purposes with other people? Is it your fault or theirs? Make allowances for others — and for yourself.



**TAURUS**  
**APRIL 21-MAY 21**  
You may now regret some of the things you said over the past few days. On the other hand, others respect you more when you speak your mind.



**LIBRA**  
**SEPT 23-OCT 23**  
You will receive some valuable news today. It will be more valuable still if you stop and think before cashing it in. Knowledge can be saved and grown.



**SCORPIO**  
**OCT 24-NOV 22**  
If you must be critical of someone today at least be positive about it. The idea is not to make them feel bad about themselves.



**GEMINI**  
**MAY 22-JUNE 21**  
Today's aspect between Mercury, your ruler, and quarrelsome Mars means you will speak your mind no matter what the consequences might be.



**SAGITTARIUS**  
**NOV 23-DEC 21**  
Current aspects make you feel good but they also make you a bit lazy, so make an effort to do something with today's helpful cosmic rays.



**CANCER**  
**JUNE 22-JULY 22**  
You may not understand the significance of recent events but you do understand that you have been wasting your money on things you really don't need.



**CAPRICORN**  
**DEC 22-JAN 20**  
If you were too cautious yesterday then you can be more daring today. It is still unwise to gamble with money — either your own or other people's.



**LEO**  
**JULY 23-AUG 23**  
You have so much energy at your disposal at the moment that it's hard to decide what to do with it all. For best results try to focus on just one task.



**AQUARIUS**  
**JAN 21-FEB 18**  
You may want to get away from your current environment but you won't be able to. Whatever is keeping you in one place must be faced and dealt with.



**VIRGO**  
**AUG 24-SEPT 22**  
So many things to do and so little time in which to do them. Is that how you feel? If so, the obvious thing to do is to cut back on your commitments.



**PISCES**  
**FEB 19-MARCH 20**  
If you don't understand what is taking place around you at the moment try looking back over the past few months for some clues.



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instantly  
for 30 days  
apply now!  
twice as long, half the price of any payday loan  
money on the go

**EARN WHILE YOU LEARN!**

Want to get a job & hold it?  
Hope to have a career?  
Don't know where to start?

For youth between 15 and 30 who are not Eligible for EI and who are willing to work towards employment



Youth Emergency Shelter Society  
Application Deadline is  
**March 5, 2010**  
Funded by Service Canada

Project runs from March 15 – July 30 and includes life skills, training, employment readiness, job shadow & employer paid work experience placements.

Receive a living allowance and up to \$500 in bonuses throughout the Project.

Applications available at the Armoury Youth Centre part of the Youth Emergency Shelter Society.  
Or call 780.468.7070 (ext 314) for more details.



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\*Taxes & other fees  
(including service charges): \$141

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#### Las Vegas via Calgary

Trump Hotel Las Vegas • 5 ★  
Studio city view  
Mar. 22 • 3 nts. **\$569**  
\*Taxes & other fees  
(including service charges): \$141

### MEXICO

#### Puerto Vallarta/Riviera Nayarit via Calgary

Canto del Sol  
Plaza Vallarta • 3 1/2 ★  
All-Inclusive • Standard rm.  
Apr. 17 & 24 • 1 wk. **\$899**  
\*Taxes & other fees  
(including service charges): \$267

Meliá Puerto Vallarta • 4 ★  
All-Inclusive  
Deluxe garden view rm.  
Apr. 10, 17 & 24 • 1 wk. **\$1029**  
\*Taxes & other fees  
(including service charges): \$266

### HAWAII

#### Honolulu via Calgary

Aqua Aloha Surf & Spa • 3 ★  
Continental breakfast  
Savvy saver - Moderate  
partial city view rm.  
Mar. 18 • 1 wk. **\$759**  
\*Taxes & other fees  
(including service charges): \$140

### DOMINICAN REPUBLIC

#### Punta Cana via Calgary

Gran Bahia Principe  
Punta Cana • 5 ★  
All-Inclusive • Junior suite  
Mar. 9, 16 & 23 • 1 wk. **\$899**  
\*Taxes & other fees  
(including service charges): \$302

Gran Bahia Principe Ambar,  
Don Pablo Collection • 5 ★  
All-Inclusive • Junior suite  
Mar. 9, 16 & 23 • 1 wk. **\$1039**  
Adults only  
\*Taxes & other fees  
(including service charges): \$302



### CUBA

#### Santa Clara via Calgary

Meliá Las Dunas • 4 ★  
All-Inclusive • Standard rm.  
Mar. 10 & 17 • 1 wk. **\$779**  
\*Taxes & other fees  
(including service charges): \$218

#### Varadero via Calgary

Barceló Marina Palace • 4 1/2 ★  
All-Inclusive • Junior suite  
Mar. 14 • 1 wk. **\$1099**  
\*Taxes & other fees  
(including service charges): \$218

### JAMAICA

Sunset Jamaica Grande  
Resort & Spa • 4 ★  
All-Inclusive • Standard rm.  
Mar. 9 & 16 • 1 wk. **\$839**  
\*Taxes & other fees  
(including service charges): \$270

## DEAL to EUROPE

London  
Hotel Ibis London Earls Court • 3 ★  
Breakfast • Standard rm.  
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Hop-on / Hop-off tour  
\*Taxes & other fees  
(including service charges): \$471

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Celebrity Summit<sup>SM</sup>  
Southern Caribbean Cruise  
Flights to San Juan via Toronto  
Oceanview stateroom, cat. 07  
Mar. 27 • 1 wk. **\$1619**  
\*Taxes & other fees  
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La Romana via Toronto  
Iberostar Hacienda  
Dominicus • 4 1/2 ★  
All-Inclusive • Standard rm.  
Mar. 20 & 27 • 1 wk. **\$1289**  
\*Taxes & other fees  
(including service charges): \$315

### MEXICO

Cancun/Riviera Maya via Toronto  
Iberostar Paraiso  
Beach • 4 1/2 ★  
All-Inclusive • Hotel rm.  
June 7, 14 & 21 • 1 wk. **\$1339**  
\*Taxes & other fees  
(including service charges): \$296



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Departure taxes are extra and must be paid locally: Costa Rica, 26 USD cash; Cuba, 25 CUC cash. Prices in this ad are in Canadian dollars and are valid for bookings made between Mar. 2 & 6, 2010, inclusive. Prices are per person based on double occupancy, unless otherwise stated, from Edmonton International Airport. Air & Hotel packages to the Caribbean, Cuba, Costa Rica and Mexico include return flight, the hotel as described and transfers at destination. Air & Cruise vacations include return flight and the cruise as described. Vacations to Europe and the USA include return flight and hotel as described. New bookings only. For dates shown only. Non-refundable. Limited quantity. Subject to availability at time of booking. Not applicable to group bookings. Sale prices reflect applicable reductions, are subject to change without notice and cannot be combined with any other offer or promotion. Further information available from a travel agent. Flights operated by Air Canada. For applicable terms and conditions, consult the Air Canada Vacations brochures or [www.aircanadavacations.com](http://www.aircanadavacations.com). <sup>1</sup>Aeroplan Miles are not actual miles, but points towards rewards including travel rewards. Unless otherwise indicated, Aeroplan Miles indicated are based on roundtrip Economy class per passenger from Edmonton to London, are awarded on flight-inclusive travel only, and are per Aeroplan member. For the amount of Aeroplan Miles that can be earned when flying to other destinations, visit [www.aircanadavacations.com](http://www.aircanadavacations.com). For terms and conditions of the Aeroplan program, consult [www.aeroplan.com](http://www.aeroplan.com). <sup>2</sup>Celebrity Cruises Inc. ships' registry: The Bahamas and Ecuador. Available in conjunction with flight-inclusive packages. Non-stop flights via Edmonton. Excluding USA & Europe destinations. <sup>3</sup>Aeroplan is a registered trademark of Aeroplan Canada Inc. <sup>4</sup>Air Canada Vacations is a registered trademark of Air Canada, used under license by Touram Limited Partnership. Visit [www.aircanadavacations.com](http://www.aircanadavacations.com) for up-to-date information.